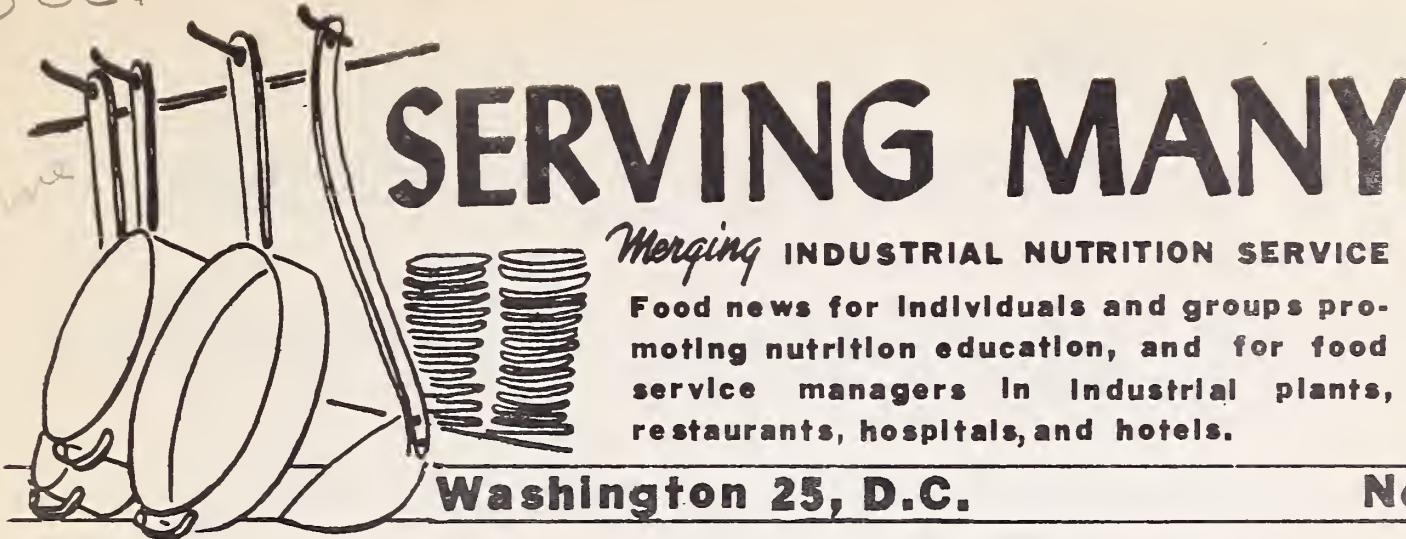


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# SERVING MANY

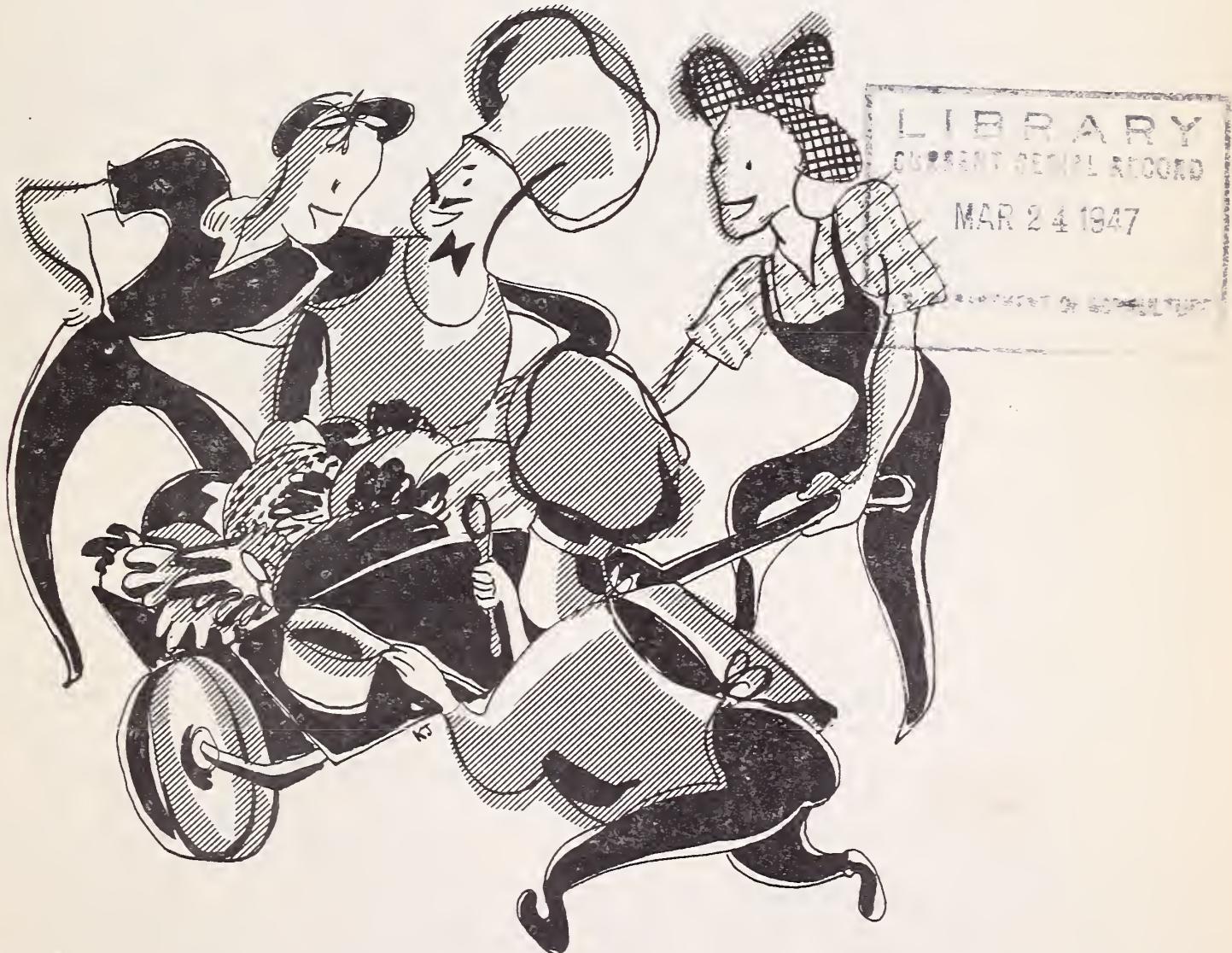
*Merging* INDUSTRIAL NUTRITION SERVICE

Food news for individuals and groups promoting nutrition education, and for food service managers in industrial plants, restaurants, hospitals, and hotels.

Washington 25, D.C.

No. 15

SEPTEMBER 1946



IT'S

HOME FOOD PRESERVATION TIME!

# ATTENTION!

## PLANT MANAGERS AND FOOD SERVICE MANAGERS

USDA's industrial feeding program functions to give you technical assistance on all industrial feeding problems. This service is available upon request, without charge.

Are you planning new facilities or redesigning existing facilities? Do you need plans, charts, and equipment lists?

Do you need help in making your operation more efficient? Is your problem one of menu planning, food purchasing, food preparation, food merchandising, cost control, or in-service training of food service workers?

Are you interested in a food selection program to popularize your food service? Better eating habits will mean better health and greater efficiency of workers.

If you want information on any or all of the above send in your request, outlining your problem in detail. Materials and recommendations to meet your particular problem will be supplied. Mail your letter to

Industrial Feeding Program  
Food Distribution Programs Branch  
Production and Marketing Administration  
U. S. Department of Agriculture  
Washington 25, D. C.

September  
1946

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# Industrial Nutrition HIGHLIGHTS

For Editors of Plant Publications

## Can if you can!



September is food-preservation time. Last year, something like 25 million American housewives stocked their winter larders with over  $3\frac{1}{2}$  billion jars of food canned at home or in community canning centers. As a result, their families enjoyed tasty, health giving foods during the months when commercially canned produce was in short supply.

### repeat performance

This achievement calls for a "repeat" performance this year. Demands for food are continuing, and the 25 million homemakers who did so well last year are urged to get back in the harness. Those who didn't put up any food last year should by all means do so this year. They'll find it a food insurance policy that's in keeping with sound household economics.

There are some 6,000 community canning centers throughout the country. They are generally well equipped and under expert supervision. You can locate the one in your vicinity by calling or writing the State office of Production and Marketing Administration, your County Extension Agent, your local American Red Cross headquarters, or your town and city officials. If there are no centers in your community or plant, can foods in your home. If you are without the necessary canning equipment, pool your resources with a neighbor who has it. Better still — join with a group of your neighbors and hold a neighborhood canning bee.

Whatever the means and methods, put up all the food you can for winter use. You'll find it pays -- in more ways than one.

### the sugar factor

According to latest available information, sugar will continue to be short of demand. Ration stamps 9 and 10 will be available for canning sugar until October 31. Each stamp will entitle you to 5 pounds of sugar. Remember, this year additional supplies are not available through application to your local OPA board. Use your 10 pounds sparingly.

### TAKE HOME IDEAS

Homemakers may need to fall back on sugar substitutes to complete their canning jobs. The Bureau of Human Nutrition and Home Economics makes the following suggestions:

Honey: Use it to replace as much as  $\frac{1}{2}$  of the sugar.

Corn sirup: Use it to replace as much as  $1/3$  of the sugar.

Do not use strong-flavored sweeteners like dark honey, brown sugar, sorghum, and

molasses, since these change the flavor of the fruit.

When making sirups for canning fruits use this procedure:

Boil the sugar and fruit juice or water together for 5 minutes. Remove the scum.

For thin sirup for sweet fruits use 1 cup sugar to 3 cups fruit juice or water.

For medium sirup for moderately sweet fruits use 1 cup sugar to 2 cups fruit juice or water.

For thick sirup for sour fruits use 1 cup sugar to 1 cup fruit juice or water.

### free booklets

When you have fruit and no sugar, put up the fruit in unsweetened juice form. Directions for such canning are given in "Home Canning of Fruits and Vegetables," AWI-93, available free on request to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Two other timely booklets available by postcard request are:

"Homemade Jellies, Jams and Preserves," Farmers Bulletin 1800.

"Pickle and Relish Recipes," AWI-103.

## Freeze foods, too!

If you have a deep-freeze unit or if you rent a locker in a freezing plant, you can have fresh frozen summer and fall foods all winter long.

There is more to food freezing, of course, than the quick-freezing process itself. The variety of fruit or vegetable, the stage of ripeness, the way it is processed before freezing, and the way it is packaged, all figure in the color, flavor, and goodness of the frozen food.

For the "know how" of quick freezing, write for the booklet "Home Freezing of Fruits and Vegetables," AIS-48. Available free (in single copies) from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

To help home preservers with their food canning and freezing problems, several excellent motion pictures have been developed by the Department of Agriculture.

Send for Miscellaneous Publication No. 574, "Motion Pictures of the United States Department of Agriculture," 1945. This booklet gives full information about films and slides and where and how to obtain them.

## Food selection news

In some plants, nutrition education of workers is closely interwoven with the cafeteria's operation. In others, busy food service managers would like to carry on this activity but just cannot find time. They will be interested in a simple nutrition education device, made to order for industrial workers and available through the American Red Cross. It is the Tray Scoring Plan.

A year ago the United States Department of Agriculture and the American Red Cross perfected the plan originally developed in an industrial area and widely used there by war plants. During the war, the Tray Scoring Plan proved to be an effective educational technique, and it now continues to be popular among workers.

At Standard Oil Company's Richmond, California plant, 500 of the 700 workers recently participated in the project. The workers' food selection at this Standard Oil plant was found to be better than average, but the need for improvement was noted. Of the 500 trays checked, 97 were excellent and 195 were good, but 125 were fair and 83 were poor.

If you are interested in improving your workers' food selection, get in touch with your local American Red Cross chapter for information concerning the Tray Scoring Plan.

## The month's abundant foods

Fall vegetables from victory gardens, and fruits harvested in orchards and back yards highlight the September list of abundant foods.

Also abundant in most areas are white potatoes, onions, western peaches, cantaloups, and lemons. Larger supplies of meats, poultry, and butter are also expected to be available to consumers.

# Food Service News

## For Food Service Operators and Dietitians

### Spare that sugar!

Although sugar recently purchased from Cuba by Secretary of Agriculture Clinton P. Anderson for the United States promises some relief from shortage conditions, food service establishments will find it necessary to continue to conserve their allocations the remainder of this year and possibly throughout 1947.

Stretching sugar rations in industrial feeding establishments means not only watching the sugar bowls but guarding the sugar bins. Most of the sugar is used in baking, and not in the dining room. Therefore, the food service manager should be doubly careful about the sugar-consuming items on the menus, and the amount of sugar used in many popular recipes.

### some ways to save it

Try some of these sugar-saving ideas:

1. Serve fresh fruits often for dessert. Melons, oranges, grapes, and apples will be plentiful in most areas in September.
2. Combine fresh fruits in fruit cup or fruit compote. Sweeten them with honey or corn syrup.
3. Use a fresh fruit salad occasionally instead of a baked dessert.
4. Use sweetened frozen fruits in sundaes and for cobblers, shortcake, and deep-dish pies.
5. Save sweetened canned fruit juices and use them in fruit sauces for puddings, and for moistening and sweetening puddings like apple crisp.
6. Use egg and fruit fillings like the "Sunshine cake filling" given on page 8.
7. Spread thin layers of jellies and preserves on cakes instead of using sugar icings.

8. Substitute sirups for part of the sugar in cakes and pastries. The directions for using sugar substitutes are given on page 2 of "Saving Sugar in Industrial Feeding."

9. Use old-fashioned soft molasses cookies, crisp spicy ginger snaps, and warm gingerbread occasionally on your dessert counter.

10. Combine sugar and syrup for sweetening puddings, fillings, muffins, and fruits.

For additional sugar-saving tips, write for a free copy of the booklet "Saving Sugar in Industrial Feeding."

U. S. Department of Agriculture  
Production and Marketing Administration  
Washington 25, D. C.

Please send \_\_\_\_\_ copies of your bulletin "Saving Sugar in Industrial Feeding".

PLANT \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ ZONE \_\_\_\_\_ STATE \_\_\_\_\_

SIGNED \_\_\_\_\_  
Food Service Manager

### "Must" reading

Food Service Managers should read the story entitled "Food Service for Workers", which appears in the July issue of MECHANICAL ENGINEERING. The article is a comprehensive resume of a 120-page report which the National Research Council Subcommittee on Nutrition made to the Committee on Fatigue in Industry. For reprints write

Dean F. M. Feiker  
National Research Council  
2101 Constitution Avenue  
Washington 7, D. C.

# MENUS

## For Special Lunches



Menus for Special Lunches for September include the plentiful use of white potatoes, onions, cantaloups, lemons, and peaches since these are expected to be abundant in most States. Garden vegetables and early fall fruits are used frequently. Asterisks indicate foods in plentiful supply.

Barbecued spareribs 1/  
 Parsleyed new potatoes\*  
 Buttered carrot strips

Corn bread with butter or fortified margarine

Cantaloup\*  
 Milk

Pot roast of beef with vegetables 2/  
 Oven-browned potatoes\*

Apple, celery, and nut salad with honey dressing 3/

Whole-wheat bread with butter or fortified margarine

Baked orange custard 4/  
 Beverage

### Cold plate:

Swiss cheese  
 Stuffed egg  
 Sliced liverwurst  
 Potato\* salad  
 Sliced tomatoes  
 Corn and lima bean succotash  
 Rye bread with butter or fortified margarine  
 Honeydew melon with lemon\*  
 Milk

### Fruit-stuffed pork chop 5/

Baked potato\*  
 Green beans  
 Carrot sticks  
 Bran muffin with butter or fortified margarine  
 Lemon\* milk sherbet  
 Beverage

### Baked fish fillet

Scalloped potatoes\*  
 Combination vegetable salad  
 Enriched bread with butter or fortified margarine  
 Gingerbread with lemon\* sauce  
 Milk

### Boston baked beans with salt pork

Sliced tomatoes  
 Glazed onions\* 6/  
 Steamed brown bread with butter or fortified margarine  
 Fresh fruit salad with cream cheese and nut ball  
 Beverage

### Cold plate:

Chicken salad  
 Sliced tomatoes  
 Cottage cheese  
 Potato\* chips  
 Corn-on-the-cob  
 Rye bread with butter or fortified margarine  
 Plain cake with sunshine filling 7/  
 Beverage

### Swiss steak with onions\*

Mashed Potatoes\*  
 Summer squash  
 Enriched roll with butter or fortified margarine  
 Apple crunch 8/

Roast lamb with mint sauce  
 Oven-browned potatoes\*  
 Eggplant with tomatoes and onions\* 9/  
 Enriched bread with butter or fortified  
 margarine  
 Peach\* ice cream  
 Beverage

Fried fish steak with lemon\*  
 Creamed potatoes\*  
 Green peas  
 Corn sticks with butter or fortified  
 margarine  
 Lemon\* snow with custard sauce  
 Beverage

Cold plate:  
 Sliced ham  
 Veal loaf  
 Sliced pimiento cheese  
 Potato\* salad  
 Onion\* and green pepper rings  
 Hard roll with butter or fortified  
 margarine  
 Deep-dish peach\* pie  
 Milk

Meat loaf with tomato sauce  
 Parsleyed new potatoes\*  
 Scalloped onions\*  
 Whole-wheat bread with butter or forti-  
 fied margarine  
 Lemon\* chiffon pudding  
 Milk

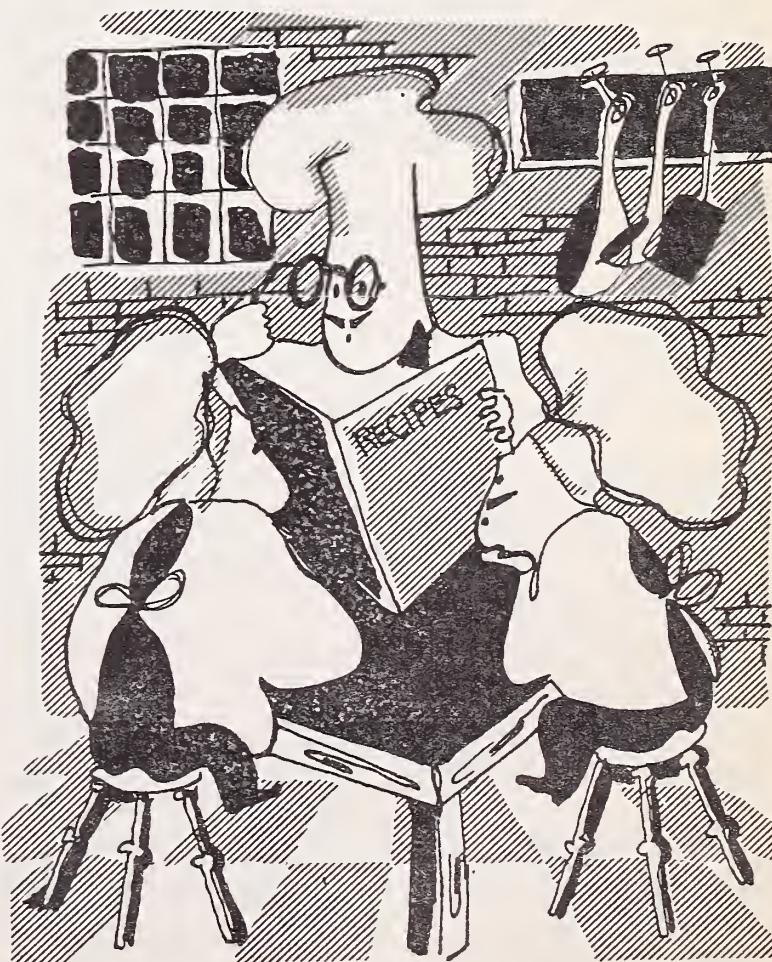
Fried chicken with cream gravy  
 Mashed potatoes\*  
 Corn-on-the-cob  
 Sliced tomato salad  
 Hot biscuit with butter or fortified  
 margarine  
 Cantaloup\*  
 Milk

Breaded veal chop  
 Au gratin potatoes\*  
 Snap beans  
 Pumpernickel with butter or fortified  
 margarine  
 Fresh peach\* sundae  
 Beverage

Baked stuffed fish  
 Hashed brown potatoes\*  
 Stewed tomatoes and onions\*  
 Enriched bread with butter or fortified  
 margarine  
 Cup cake with orange and lemon\* sauce 10/  
 Milk

#### Footnotes

- 1/ See attached recipe for barbecued  
spareribs.
- 2/ See recipe on page 15 of "Making the  
Most of Meats."
- 3/ See recipe for honey fruit dressing  
in May-June "Serving Many".
- 4/ See recipe for baked orange custard  
in March "Serving Many".
- 5/ See attached recipe for fruit-stuffed  
pork chop.
- 6/ See attached recipe for glazed baked  
onions.
- 7/ See attached recipe for sunshine  
filling.
- 8/ See attached recipe for apple crunch.
- 9/ See attached recipe for scalloped  
eggplant.
- 10/ See attached recipe for orange and  
lemon sauce.



# RECIPES

## Oven Barbecued Spareribs

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Pork spareribs	50 Lbs.	250 Lbs.
Onion, chopped	1 $\frac{1}{2}$ Qts.	7 Qts.
Drippings	1 $\frac{1}{2}$ cups	7 cups
Vinegar	1 Qt.	1 Gal.
Salt	2 Ozs.	10 Ozs.
Brown sugar	$\frac{1}{2}$ Lb.	2 $\frac{1}{2}$ Lbs.
Chili sauce	1 Qt.	1 Gal.
Prepared horseradish	1 Cup	1 Qt.
Worcestershire sauce	1 Cup	1 Qt.

Size of portion -  $\frac{1}{2}$  pound of spareribs, plus sauce.

### Method:

1. Cut spareribs in 3-rib servings and dredge with flour.
2. Put ribs in roasting pan and cover.
3. Cook spareribs in 350° F. oven for 45 minutes.
4. Brown chopped onion in some of the drippings. Add the other seasonings and let simmer for 10 minutes.
5. Open the roasting pan, turn the spareribs and spread with the sauce. Bake uncovered for 1 hour or until tender and browned.

## Fruit-Stuffed Pork Chops

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Pork chops 5 to 6 ozs. each cut 3/4-inch thick with pockets	(200Lbs.) 100(40 lbs.)	500
Bread crumbs from day-old bread	8 Qts.	40 Qts.
Minced onion	1 Qt.	1 Gal.
Tart apples, chopped	4 Qts.	20 Qts.
Raisins, seedless	1 Qt.	1 Gal.
Salt	2 Ozs.	10 Ozs.
Pepper, black	1 Tbsp.	1/3 Cup
Sage, ground	1 Tbsp.	1/3 Cup
Drippings	1 Cup	2 Lbs.

Size of portion - 1 chop, with dressing.

### Method:

1. Combine ingredients for dressing.
2. Stuff pockets cut in side of chops and fasten with tooth picks.
3. Dredge the chops in seasoned flour and brown in hot drippings.
4. Put chops in roasting pan, add enough hot water to cover bottom of pan. Cover roasting pan and let chops cook slowly in 350° F. oven until tender and brown.

## Glazed Baked onions

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Onions, whole, peeled	100 large	500 large
Corn sirup	1 Cup	5 Cups
Butter or fortified margarine, melted	$\frac{1}{2}$ Cup	2 Cups
Paprika	1 tbsp.	5 Tbsp.
Salt	1 Oz.	5 Ozs.

Size of portion - 1 large onion.

### Method:

1. Peel the onions and steam them until tender.
2. Arrange onions close together in greased baking pans.
3. Combine the corn sirup, melted butter, and salt and pour over the onions.
4. Sprinkle the tops of the onions with paprika.
5. Bake in a 400° F. oven for 20 minutes, basting occasionally until glazed.

## Sunshine Filling of Cake

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Margarine or butter	1 $\frac{1}{2}$ Cups	5 Cups
Flour	1 $\frac{1}{2}$ Cups	7 Cups
Sugar	3 Cups	7 Lbs.
Grated orange rind	3/4 Cup	1 QQt.
Orange juice	2 Qts.	2 $\frac{1}{2}$ Gal.
Salt Egg yolks	1 $\frac{1}{2}$ Tsp.	1 Oz.
Egg yolks	12 Yolks	60 Yolks

Size of portion - 1 ounce per serving.

Method:

1. Melt the fat, add the flour and blend.
2. Mix the sugar, salt, grated rind, and juice.
3. Combine the sugar and fat mixtures, and cook, stirring constantly until thickened.
4. Add a small amount of the hot mixture slowly to the beaten egg yolks.
5. Combine the diluted egg and the flour mixtures and cook, stirring constantly for about 2 minutes, until thickened.

Scalloped Eggplant

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Eggplant, peeled, sliced, and cubed	25 Lbs.	125 Lbs.
Onions, sliced	3 Qts.	4 Gal.
Tomatoes, canned or stewed	1½ Gal.	7 Gal.
Salt	2 Oz.	10 Ozs.
Pepper	1 Tsp.	3 Tbsp.
Drippings	1 Pt.	2 Qts.
Bread crumbs, dry	2 Qts.	10 Qts.

Size of portion -  $\frac{1}{2}$  cup.Method:

1. Peel, slice, and cube eggplant in 3/4-inch pieces. Cook in boiling salted water 10 minutes, or until tender. Drain.
2. Fry onions, until clear, in the drippings.
3. Combine all ingredients and bake in moderate oven at 350° F. for 40 minutes.

Apple Crunch

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Peeled sliced apples (10 Lbs.)	(50 Lbs.)	
	2 Gal.	10 Gal.
Cinnamon	2 Tbsp.	1½ Oz.
Nutmeg	2 Tsp.	3 Tbsp.
Bread crumbs, dry	4 Qts.	20 Qts.
Honey	1 Qt.	5 Qts.
Water, hot	1 Qt.	5 Qts.
Margarine or butter, melted	3/4 Lbs.	4 Lbs.

Brown sugar	2 Lbs.	10 Lbs.
Lemon juice	$\frac{1}{2}$ cup	1 Pt.
Size of portion - $\frac{1}{2}$ cup.		

Method:

1. Combine the sliced apples, lemon juice, spices, and halve the bread crumbs and put in greased baking pans.
2. Pour the sirup and hot water over the apples and crumb mixture.
3. Mix the second half of the crumbs with the brown sugar and melted butter and sprinkle over the top.
4. Bake in moderately hot oven at 375° F. for 50 minutes to 1 hour, or until apples are tender and crust is browned.
5. Serve warm or cold with thin cream or lemon sauce.

Orange-Lemon Sauce

Ingredients	Amt. for 100 Por.	Amt. for 500 Por.
Orange sections	2 Qts.	2½ Gal.
Lemon juice	1½ Cups	1½ Qts.
Grated orange rind	2 Tbsp.	3/4 Cup
Grated lemon rind	1½ Tbsp.	½ Cup
Honey	2 Qts.	2½ Gal.
Water and fruit juices	2 Qts.	2½ Gal.
Cornstarch	8 Oz.	2½ Lbs.
Salt	1 Tsp.	2 Tbsp.

Size of portion - 2 ounces.

Method:

1. Pare the oranges in spirals and separate the sections.
2. Combine the cornstarch, salt, and grated fruit rinds. Dilute with cold water to make a paste.
3. Heat the remainder of the water and orange segments to the boiling point and add the honey.
4. Stir the cornstarch paste into the hot liquid and cook, stirring constantly about 5 minutes, until thickened.
5. Add the lemon juice and reheat to the boiling point.
6. Serve with gingerbread, cup cakes, sponge cake, or with cottage pudding.

# Operational TIPS

## Tailor-made cooks?

Do you employ ready-made cooks and kitchen helpers, or do you have the tailor-made varieties? No one doubts the advantages in appearance, fit, and wearing qualities of suits tailored to order. Why do many food service operators depend on "ready-made" kitchen employees instead of those "tailored" by in-service training? True, it takes time and costs money to train kitchen workers. But labor turn-over costs money too, in spoiled materials and lost labor hours.

With labor shortages no longer the problem they were during the war, food service managers should give more time and thought to personnel training. During these times of food shortages and high prices, well-trained kitchen workers are invaluable to any industrial feeding establishment.

### some pointers

Try some of these in-service training techniques in your plant.

1. Promote potentially good workers rather than employ new ones. This helps morale and develops loyalty and interest. 2. Rotate kitchen helpers whenever possible so that they learn to do more than one type of work. This heightens their interest in routine jobs and provides experienced workers to fill in when absent from the job.

3. Take time to try to fit the worker to the job. If he doesn't fit one job, try him in another. Use dismissal only when absolutely necessary.

4. Explain "why" when you give a direction or make a request. Informed food service workers are more intelligent employees.

5. Use standardized recipes throughout your food service. Develop these recipes in your own "test kitchen" whether it be in a laboratory or at the range or bake oven.

6. Demonstrate "how" a new process should be performed or how a new piece of equipment should be handled.
7. Specify the number of servings of foods to be prepared. Do not blame the cook for shortages, or the baker for oversupply. How much is the manager's responsibility.
8. Check the perishable foods and left-overs carefully and enlist the cooks' and helpers' aid in avoiding the waste of foods at all times.
9. Keep the kitchen equipment in good working order. Train your employees to keep the kitchens clean, and the aisles free for the passage of workers and supplies. A food workshop should be as clean and orderly as a battleship.
10. Keep the cooks informed about how many persons were served and how the daily costs are running. They will be just as interested as you are in keeping customer count up and operating costs moderate.

### Personnel Training Materials for the Food Service Manager

1. Job Instruction Training for Supervisory Personnel in Sales and Merchandising Organizations available from Superintendent of Documents, Government Printing Office, Washington 25, D. C. Price \$1.25 a copy.
2. Training Restaurant Sales Personnel by Ruth M. Lusby. Vocational Division Bulletin No. 222, Business Education Series No. 15 Available from Superintendent of Documents, Government Printing Office, Washington 25, D. C., Price 35 cents.
3. Standards for Cafeteria Service by Frances Dunning. Burgess Publishing Co., Minneapolis, Minnesota, 1941. Price \$1.50.

As a further aid to personnel training, the U. S. Department of Agriculture has just released two wall posters for use in food service kitchens. Copies are available free upon request.

# What's New in FACILITIES

## Production flow a "Must"

Whether you already have in-plant facilities or are planning a new installation, production flow is a "must".

Today no manufacturer would think of laying out his plant without paying special attention to this important factor. Production flow conserves manpower, and results in the most economical production. A job performed in an orderly sequence is easier on everyone. These factors have been recognized in every branch of industrial production.

The preparation of food is a production process. Careful planning of all food service facilities is still more important since you are dealing with perishable materials. Properly prepared and preserved food protects your workers' health and efficiency. Greater efficiency pays off in increased production.

The food production flow chart on the back page of this issue can be used to check the efficiency of an existing layout or in preparing drawings for new facilities. It shows the logical procession of operation and indicates the fundamental principles in planning food service units.

On the chart, "Management", the control unit of the whole operation, appears at the top. The manager's office should be placed in the plan so that it directly controls receiving, storage, all preparation units, and, wherever possible, it should be extended to cover the serving and dining areas.

The kitchen plan should be so coordinated that supplies will move from receiving area to storage rooms without traversing food production areas. Work units for rough preparation, such as vegetable cleaning and meat cutting, should be so placed that materials move in sequence from storage areas to cooking areas with a minimum of cross traffic and lost motion.

The storage facilities, both dry and refrigerated, should be carefully planned. The amount of food needed daily, the purchasing methods, and delivery schedules must be considered. Refrigerators of the walk-in type should be divided into three or four rooms and be equipped with individual thermostatic controls to regulate the temperatures according to type of supplies stored. Departments such as the bake shop and the salad and sandwich sections require refrigeration for holding daily supplies and cooked foods. The counter should be placed according to the meal load and type of menu served. Adequate storage and refrigeration space should be provided at each counter.

The food production flow chart is taken from Part II, Section 1, "Lay-out Design and Construction" from the manual "Industrial Feeding Facilities." Basic planning principles, presented and illustrated with design charts, standard lay-outs and equipment lists for different types and sizes of facilities are included in this manual. If additional information on redesigning or planning new facilities is desired, fill out this form and mail it to:

Industrial Feeding Program  
Food Distribution Programs Branch  
Production and Marketing Admin.,  
U. S. Department of Agriculture  
Washington 25, D. C.

Please forward material on planning industrial feeding service facilities.

Workers employed \_\_\_\_\_

Type of food service \_\_\_\_\_  
(cafeterias, lunchrooms, canteen, etc.)

Name and address \_\_\_\_\_

